

18) What advice does Luther give us in the explanation of the 8th commandment when it comes to dealing with anger?

1 Peter 3:15 (GW) ¹⁵ But dedicate your lives to Christ as Lord. Always be ready to defend your confidence in God when anyone asks you to explain it. However, make your defense with gentleness and respect.

19) What do you think 1 Peter 3:15 has to do with combatting anger?

How to Live with a Tiger

1. To control your temper, slow it down. Learn to delay your anger.
2. Don't put it off too long.
3. Learn to be honestly open with your anger-problem.
4. Examine each anger-situation. Ask yourself, "Exactly why did this touch off my temper?" (*The Freedom of Forgiveness*—David Augsburger p. 58)

20) What did you learn about anger that surprised you?

21) What did you find to be most helpful in combatting anger?

The 7 Deadly sins Anger

Righteous Anger

Mark 3:1-5 (GW) ¹ Jesus went into a synagogue again. A man who had a paralyzed hand was there. ² The people were watching Jesus closely. They wanted to see whether he would heal the man on the day of rest—a holy day, so that they could accuse him of doing something wrong.

³ So he told the man with the paralyzed hand, "Stand in the center of the synagogue." ⁴ Then he asked them, "Is it right to do good or to do evil on the day of rest—a holy day, to give a person back his health or to let him die?"

But they were silent. ⁵ Jesus was angry as he looked around at them. He was deeply hurt because their minds were closed. Then he told the man, "Hold out your hand." The man held it out, and his hand became normal again.

- 1) Why was there a man with a paralyzed hand in the synagogue?
- 2) What was the question that Jesus asked?
- 3) Why do you think the leaders were silent?
- 4) Why did Jesus get angry?
- 5) What principle do we learn about righteous anger?

Matthew 21:12-13 (GW) ¹² Jesus went into the temple courtyard and threw out everyone who was buying and selling there. He overturned the moneychangers' tables and the chairs of those who sold pigeons. ¹³ He told them, "Scripture says, 'My house will be called a house of prayer,' but you're turning it into a gathering place for thieves!"

6) Why was Jesus angry?

7) What did he do in his anger?

8) What principle do we learn about righteous anger?

1. Righteous anger reacts against actual sin.
2. Righteous anger focuses on God and his kingdom, rights, and concerns, not on me and my kingdom, rights, and concerns.
3. Righteous anger is accompanied by other godly qualities and expresses itself in godly ways. (Robert Jones)

9) Do you agree with these criteria for righteous anger? Why or why not?

The Deadly Sin of Anger

James 1:19-20 (GW) ¹⁹Remember this, my dear brothers and sisters: Everyone should be quick to listen, slow to speak, and should not get angry easily. ²⁰An angry person doesn't do what God approves of.

10) What does James warn about anger?

11) What advice does he give to combat anger?

Proverbs 29:22 (GW) ²²An angry person stirs up a fight, and a hothead does much wrong.

12) How is anger dangerous for relationships?

Ephesians 4:26-27 (GW) ²⁶Be angry without sinning. Don't go to bed angry. ²⁷Don't give the devil any opportunity to work.

13) Is it possible to get angry and not sin? Why or why not?

14) What does holding onto anger open you up to?

1 Timothy 2:8 (GW) ⁸I want men to offer prayers everywhere. They should raise their hands in prayer after putting aside their anger and any quarrels they have with anyone.

15) Why do you think Paul says to pray after putting aside anger?

Galatians 5:19-21 (GW) ¹⁹Now, the effects of the corrupt nature are obvious: illicit sex, perversion, promiscuity, ²⁰idolatry, drug use, hatred, rivalry, jealousy, angry outbursts, selfish ambition, conflict, factions, ²¹envy, drunkenness, wild partying, and similar things. I've told you in the past and I'm telling you again that people who do these kinds of things will not inherit God's kingdom.

16) According to Galatians 5:19-20 what is the danger of letting your anger control you?

Combatting Anger

17) What advice did James give about anger in James 1:19?

You shall not give false testimony against your neighbor.

What does this mean?

We should fear and love God so that we do not tell lies about our neighbor, betray him, slander him, or hurt his reputation, but defend him, speak well of him, and explain everything in the kindest way.